

**A Course of Instruction**  
**in**  
**Magnetic Healing**

**IN FIVE PARTS**

**comprising**

- Part I. The Philosophy of Magnetic Healing**  
**Part II. Special Instruction to the Student**  
**Part III. Rules for Development of Magnetic Power**  
**Part IV. The Application of Magnetic Healing**  
**Part V. Giving Absent Treatments**

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## INTRODUCTION.

Magnetic Healing is that system of treatment by which Life-Energy is transferred by the Healer to the patient.

Magnetic Healing does not effect its cures by Thought-transference, Suggestion, Expectant Attention, or Hypnotism.

Magnetism and Hypnotism are distinct and separate sciences.

Magnetic Healing and Hypnotic Influence must never be confused.

Magnetic Healing acts first upon the nerve centers, and its healthful influence is then communicated to the brain. Hypnotism acts first upon the brain, and its influence is then distributed to the nerves and fibers.

Whereas Hypnotism requires that the patient shall surrender something of his individuality and will-power into the keeping of another, and works best when sleep has been induced, Magnetic Healing asks no surrender of the patient's will-power or consciousness, but works its best results when the patient is most fully conscious of all that is transpiring.

Whereas Hypnotism achieves its results by the effect of one brain upon another brain, Magnetic Healing performs its marvels by the effect of a transference of force from one body to another body. Whereas Hypnotism is of the Brain and theoretical, Magnetic Healing is of the Spirit and practical. For this reason, and because their training as servants of God fits them peculiarly for this ennobling work, clergymen make great Magnetic Healers.

The gift of healing is a spiritual endowment. It is dormant in *every* human being. It needs to be awakened; to be developed; to be used and nourished and cared for. It is the greatest of all the gifts.

Some have developed it in a minor degree; some have neglected it. All possess it. All have in them the germ, the seed of the quality. The purpose of this Course of Instruction is to develop in all my students whether they are at present strong and well, or sick and ailing, this great power which is lying unused,

and perhaps unknown, within. The gifts of God are not announced with blare of trumpets. The great forces of Nature are silent forces. The force of Magnetic Healing is potentially the same in all. It is silent in action. For some who have overlooked its existence it is silent forever. But in those who embrace it as a means of doing good it is ready at any moment to spring to life.

## PART I.

THE PHILOSOPHY OF MAGNETIC HEALING—ALL HAVE THE POWER—POLARITY—THE HANDS—FOR AN EXAMPLE—WHY THE HANDS ARE USED—THE LAW OF GIVING—WHERE THE FORCE IS MANUFACTURED—VALUE OF SYMPATHY—THE NERVE CURRENTS—THE POWER OF UNION—THE COMPOSITION OF NERVES—THE COMPREHENSIVENESS OF MAGNETIC HEALING—HOW NERVES FEEL—NERVES ARE CONSCIOUS—THE PURPOSE OF VITAL MAGNETISM—A STUDY OF PAIN—THE SUPERIORITY OF MAGNETIC HEALING.

THE PHILOSOPHY OF MAGNETIC HEALING.—From the earliest times of which we have record in history it has been noted that to certain favored people was given the power to cure disease and pain in their fellows by the laying on of hands. It is for you, my student, to recognize to-day that these very examples of which history has given us a record are evidence of a fact of stupendous importance, viz.: that *every human being has a power which can be developed by practice to the point of curing disease in himself and in others by the application of vital magnetic force.* I want you to think this over for a minute and understand just what is meant by it. It means firstly that there is in you perhaps only the germ of this curative power because you may have never yet had sufficient confidence in yourself to *try* to cure anyone else of pain or disease. You have been accustomed always to turn for relief to the physician or the chemist, not recognizing in yourself that power to alleviate these wrong conditions of which this course of instruction will treat.

ALL HAVE THE POWER.—The first thing to bear in mind is that all human beings are potentially the same in their powers, therefore, although I referred at the beginning of this chapter to certain persons as "favored" I did not mean that they were endowed by nature with special powers which are denied to you, but that they had made use of powers which you had not made use of but which are nevertheless contained within you and awaiting development.

POLARITY.—The next point for you to remember is that every human being is magnetic. Every human being attracts and

repels. He does this *without* knowing that he does it. The practice of Magnetic Healing is strictly the practice of using this magnetic force consciously, that is to say, projecting it upon others by determined effort.

THE HANDS.—Having grasped these points there is yet another for you to commit to memory, which is that in every human being the right hand is the positive hand and the left hand is the negative hand. In the practice of magnetic healing the secret of success is always to transmit your magnetism to the patient by means of the application of the right hand, using the left hand to close the circuit as it were, that is, to very strongly draw the current through the patient's body from your right hand to your left.

FOR AN EXAMPLE.—To make this point a little more clear, let us suppose that you are giving magnetic treatment to a patient who is suffering from rheumatism. I will give you later the proper application of the hands in the treatment of this and other diseases and I use this illustration now simply to explain to you very easily the philosophy of your method. Your patient has, as I say, rheumatism, and in order to treat him successfully you must determine and strongly *will* that you will pass a current of your wholesome nervous force, which is your vital magnetism, through that patient's body by the application of your right hand, the current to pass out of his body into your left hand and so back to you in the circuit.

WHY THE HANDS ARE USED.—You are thus by your will power throwing magnetism into the patient through the medium of your hands, and the hands are chosen as the chief instruments in magnetic healing because magnetism passes off more freely from the palms of the hands and the finger tips than from any other part of the body. Now when that magnetic current returns to you through your left hand, it is not precisely the same either in quantity or quality, having been employed in restoring during its passage the nervous equilibrium of your patient. That is to say, your patient has absorbed a certain amount of force from you and his nervous system is now using this force for his own restoration to health. Obviously you could not continue to give magnetic treatments to a large number of people indiscriminately without losing health yourself if there were no means of replenishing the store of magnetic energy which you give out.

**THE LAW OF GIVING.**—But it is a beautiful provision of nature that the more freely you give, the more freely you shall receive, and whereas the average man who is only unconsciously magnetic gives off very little magnetism in his daily intercourse with human beings, and re-absorbs very little magnetism himself into his nervous system, the magnetic healer on the other hand makes a daily practice of assisting his fellow beings by the exercise of this beneficent power and is receiving a special influx of nervous energy from the quickened assimilation of food and air in the chemical laboratory of his body. In other words, *when you determine* to help others, you so quicken the vibrations of your own organism that you will receive supplies of strength from the inexhaustible source in proportion to the demands that are made upon you. No selfish person can be a thoroughly successful magnetic healer because the generous impulse which is required to set in motion in their full force these vibrations which feed the nerve currents is lacking. Have no fear, therefore, that in the practice of magnetic healing you will give off so much nervous energy that your own physical health will suffer, because the greater the demand upon you, the greater will be the supply accorded to you.

**WHERE THE FORCE IS MANUFACTURED.**—Every human body is a laboratory for the manufacture of this nervous force. We might aptly liken the practice of magnetic healing to a Loan Company. The nervous energy in you represents the capital stock of the Loan Company. Should you continue to do a very conservative business, placing scarcely any loans, and using but a hundredth part of your capital, your business will be very much the same at the end of the year as when you began operations. You will have neither lost money nor made money; but should you place your capital out at interest, keeping your funds in a state of active circulation, your Loan Company will grow in power and importance in proportion to the amount of business it transacts. Similarly the magnetic healer makes his nervous energy draw interest for him instead of allowing it to rest idle in the vaults.

**VALUE OF SYMPATHY.**—Now although every human being is capable of assisting by his magnetic force those other human beings who are in need of his power, the finest demonstrations of magnetic healing are given when there is a communion of thought and feeling between healer and patient. I cannot insist too

strongly upon this point that in order to attain the best results by magnetic healing your patient must *look up to you* gratefully as one who can and will cure him of his malady. It is not necessary for you to study minutely all the ramifications of the diseases classified by medical science to-day. We know scarcely anything of the nature of the diseases beyond the fact that all disease is a manifestation of disharmony or lack of ease. We are accustomed to regard the body as an intelligent machine capable of contracting and being cured of certain disturbances which we call diseases, but as a matter of fact the body is nothing but a carcass and is held together by force of attraction, and rendered intelligent by nerve substance, and any curative action of any method of healing whatsoever is only rendered possible by the action of nerve substance.

**THE NERVE-CURRENTS.**—The nervous currents of the body have their home in and are drawn out by this nerve substance which is used by the intelligence of the individual. Therefore in order to cure disease it is necessary for you as a magnetic healer not only to employ your nervous force under the direction of your will to heal your patient, but to obtain from your patient that joyful accord of his intention, or will, with yours for his benefit, which completes the perfect circle of the union of wills between healer and patient.

**THE POWER OF UNION.**—When this union is established, when your patient is grateful to you, has faith in you, and is obedient to you, I do not know of any disease from simple headache to locomotor ataxia which cannot either be cured or greatly benefited by the application of magnetic force. I wish you to read this chapter over several times in order that you may grasp very clearly the central point of magnetic healing, which is that health is due to the harmonious condition of the nerve currents of the body; that disease is due to the disturbance of these nerve currents; and that the nerve currents themselves which are responsible for the diseased conditions are controlled and directed by the will.

**THE COMPOSITION OF NERVES.**—Magnetic forces are received first by the nervous system, and thence distributed to the blood and tissue. A Nerve is composed of fibrous matter, white, and vesicular matter, grey. It contains fat, albumen and water. The water is the medium of the nerve force, and thus the business of the nerve becomes at once a most important and most



complicated proceeding. Each nerve is composed of a bundle of nerve fibers or tubes, and each nerve trunk has numerous bundles or nerve fibers, each bundle having its sheath enabling it to conduct independently of the other. The nerves conduct; they convey information; they are intelligent; they are therefore the home or the seat of intelligence. The nerves receive and require nourishment from the blood; they receive and require electricity; they convey sensation and feeling, as has been said, and they also convey nourishment, the nourishment which is of the Spirit, and the nourishment which is of the mind. There are two great systems of nerves, the Cerebro-Spinal and the Sympathetic; distinct and independent; yet closely connected and at times interdependent the one upon the other.

**THE COMPREHENSIVENESS OF MAGNETIC HEALING.**—Magnetic Healing deals with the action of both nerve-systems, and is the first rational science of treatment to recognize the necessity of combining treatment of cerebro-spinal and sympathetic at one and the same time, forming by the hands of the Healer the required current from positive to negative. It will simplify the study of the nerve systems for you if we divide them bluntly into two kinds, the motor and the sensory. Motor nerves act upon muscles, and any stimulus to the motor nerves thus produces physical action. The Sympathetic Nerve System possesses two ganglionic chains running parallel with the whole vertebral column. The Cerebro-Spinal System includes the Cerebrum, the Cerebellum, the Medulla Oblongata, and the Spinal Cord.

**HOW NERVES FEEL.**—In order to best illustrate how sensation is produced, I quote the following excellent definition by Dr. Babbitt, of Los Angeles, California, who has done as much as any modern investigator to familiarize his students with the principles of Light and Color, and the finer forces of nature which surround us.

"We will say a very keen sensation is felt at the knee. How is this done? The cutaneous sensory nerves carry their thermal fluid to the ganglion of the posterior spinal nerve, which immediately flashes up under the chemical stimulus of a motor nerve cell. The force connected with the spine is radiated by means of the motor nerves in all directions, but those nerves which connect immediately with the point of excitement at the knee would be especially active, as nature is ever aiming to establish circuits. But why

is pain felt at that particular point? Because it is the end of the circuit, the point where something violent has taken place to upset the smooth flow of the forces. But will the current to and from the spine alone cause this pain? Yes, to some extent, but that conscious sensation which discriminates as to the cause or nature of the pain must come from the frontal cortex of the brain as it receives the ethers which are radiated upon it from below, or as it perceives by means of the sight or hearing still more of the cause."

**NERVES ARE CONSCIOUS.**—The only criticism which I have to make to this excellent definition is that pain is sensed also without the aid of the understanding, the nerves struck having intelligence within them. In the light of modern research it has been made plain that the nerve contains within itself intelligence, and that the brain is no longer the sole interpreter of the organism. The message being first sensed and understood by the nerve, the brain is informed of the matter and aids the sensation by bestowing attention upon it.

**THE PURPOSE OF VITAL MAGNETISM.**—In the ordinary course of events the pain would disappear as soon as the nerve-currents had re-established their harmony, and the province of Vital Magnetism in the stilling of pain is to support the electrical current of nerve-energy, to re-establish the interrupted circuit. The brain influencing the vaso-motor nerves, sends to the affected part fresh supplies of blood, causing redness of the part and inflammation. But the part which the brain itself bears in this matter is that of feverish solicitude, which is likely to do more harm than good. Here comes in the beneficent action of Magnetism, to re-establish harmony, and by so doing, to allay the pain and permit the flux of blood sent to the affected part to return again to its channels.

**A STUDY OF PAIN.**—The question of pain is such a vital one in the practice of Magnetic Healing, that I must give this matter further consideration before leaving it. You are aware from the study of Hypnotism that during hypnotic experiments pain is sometimes entirely absent in the subject, and this condition of freedom from sensation is held to be induced by the operator because of the dissociation of nerve fibers connected with the cortex leading up to the cortex from the seat of the pain. The position taken in this explanation is that when the cortex is, so to speak, put to sleep, the subject is unconscious of pain

because there is no longer an active brain to interpret the sensation. This explanation is both correct and incorrect. It would be more exact to say that it is partially correct. By putting the cortex into a condition of insensibility the operator has merely distracted the attention of the patient from the seat of the pain, and has therefore relieved the patient of the obtrusive help which the brain would have sought to give if its attention had been centered upon the pain. Hypnotism thus relieves the patient of the unnecessary pain which the attention creates. But inasmuch as the shock of an operation may be felt during hypnosis, unattended by any unpleasant sensation of pain, we must recognize the presence of another vital and powerful force acting in obedience to the will of the operator, and the best interests of the subject. This Force is Vital Magnetism, the Force which governs sensation when it is called into action by harmonizing the nervous system of the individual, and strengthening the nerves to repel sensation. The patient who is surcharged with Vital Magnetism is indifferent to pain, and even if the cerebrum is active, he is unconscious of suffering.

THE SUPERIORITY OF MAGNETIC HEALING.—Hence, the immense advantage on purely physical grounds of the Magnetic treatment over the hypnotic form. The Magnetic Healer introduces into the system of his patient by contact of hands with nerve centers, an access of energy which brings the vital resistance of the patient up to the point at which disharmony or pain is overcome and subdued. He does this with the full knowledge and understanding of the patient. He does not throw the patient upon his own resources, leaving him to subdue pain by his own force, though we have seen that in some hypnotic experiments this is effective. He takes from the Nervous Energy which is in himself to give to the patient, and thus it comes about that after magnetic treatments patients feel for many hours the benefit of this additional strength.

## PART II.

**SPECIAL DIRECTIONS TO THE MAGNETIC HEALER—CARING FOR THE HANDS—  
ADVANTAGE OF PERSPIRATION—CULTIVATING SELF-CONFIDENCE—THE  
BASIC TRUTH—POINTS ON BEHAVIOR—THE IMPORTANCE OF GAZE—THE  
REASON WHY—IMPORTANT CAUTION—THE BREATH IN HEALING—THE  
SECRET OF THE AIR—CONSERVING ENERGY.**

**SPECIAL DIRECTIONS TO THE MAGNETIC HEALER:** The avenues through which magnetic force most easily passes from the healer to his patient are three: (1) the hands, (2) the eyes, (3) the breath. Inasmuch as the hands are of first importance we will deal with them at once.

**CARING FOR THE HANDS.**—Before beginning treatment always wash the hands thoroughly with soap and water. Then dry them carefully and rub the palms briskly together until strong heat is engendered and at the same time *will* that the blood shall be directed to the veins of the hands and arms. To hasten this result of heat in the hands it is a good plan after rubbing the hands together to spread the fingers out and holding the arms down by the side shake the hands loosely and with force, at the same time *thinking* of the arms as being hollow channels through which you desire to get the nerve force to the extremities of the fingers. When your hands are hot from this exercise, clap them together once or twice and rub the palms once more just before laying the hands upon the patient's body.

**ADVANTAGE OF PERSPIRATION.**—It will be an additional advantage if the palms of the hands become moist during this exercise and you will be careful to remember that any evidence of perspiration in the palms of the hands during treatment is an excellent sign as showing the free egress of magnetic force from you to the patient.

**CULTIVATING SELF-CONFIDENCE.**—Always hold in your mind before giving treatment the thought that you *can* and *will* help your patient. While your patient is telling you his symptoms repeat to yourself in a firm, confident internal whisper the statement, "I can and will relieve him of his trouble. It is given to

me as my right to cure him. This power is mine to use for his benefit and I can cure him." Say this to yourself slowly and firmly, repeating it over and over again, and the effect will be to strengthen your confidence in yourself. Never allow your patient to suppose that you have any doubts whatever as to your ability to cure him. In fact, one of the secrets of success in magnetic healing is to assume a calm assurance of power which no skepticism can ruffle and which no opposition can break. You must not think for a moment that because you assume a confidence which you do not possess, therefore, you are acting a lie. You are not an imposter.

THE BASIC TRUTH.—You have in your hands the great basic truth of all healing which is that the mind forces govern disease, and by your confident assurance you will awake in your patient a feeling of respect for your power which *though he may not verbally confess it*, rouses in him a confidence in your ability to cure him, and this feeling of confidence on his part brings him into the state of vibration in which it is easy for you to transmit your magnetic force to him. Thus you see the tremendous importance of the effect of your manner upon your patient. Never hesitate or show any vacillation of method.

POINTS ON BEHAVIOR.—When you have heard his story, get to work at once assuring him in the meantime that you can help him, and if he expresses strong doubt on this point it is then that your confident assurance of power and the absence of all uncertainty on your part will be required to bring him to the right state of mind in which he can receive benefit from you. Never allow yourself to be browbeaten or confused by the arguments of your patient. Let him understand plainly that you do not care to argue with him; that you do not even seek to change his opinions by argument, but that if you are to help him, as you intend to do, he must drop his antagonism and simply remain a passive agent in your hands in order that you may bring a force to bear upon him for the relief of his pain and disease. There are very few men so set in their ideas of opposition that they will not be willing to be at least passive in the hands of one who is only anxious to restore them to health. I never advise my students to explain their theories of these life forces to their patients. It is, on the contrary, easier to produce the profound effect which you seek, if your patients are given to understand that you yourself do not know the source of your power; that you yourself are but an instrument in

the hands of omnipotent intelligence. It is natural for every human being to respect that which he does not understand and to be attracted by a force beyond his comprehension.

**No. 2—The Eye:** As the hands are the instruments by which the magnetic force is directly applied to the body, the eye is the agent by which the impression is strengthened upon the *mind* of the patient.

**THE IMPORTANCE OF GAZE.**—Therefore, it is necessary that you should cultivate a firm, steadfast gaze, and during your conversation with your patient you should be especially careful to make use of the fixed gaze which in my method of magnetic healing differs in manner from that employed in any other system of the kind of which I have knowledge. When speaking to your patient, wink your eyes as little as possible, cultivating not a stare, but an intent, powerful, interested look. Fasten your gaze upon the pupil of his left eye and do not permit your look to wander even for an instant either to his other eye or to a point midway between his eyes. The philosophy of this intent gaze centered upon the one point is that your will force is most easily transmitted to his mind through his left eye than through any other avenue.

**THE REASON WHY.**—It is the principle of the rifle ball as opposed to the principle of the scattered shotgun. You are fastening your gaze, which carries with it your powerful determination to heal, upon the most receptive point in his organism, that point where your whole force will meet with less resistance. In order to aid you in focusing your gaze upon this one point, I want you to imagine that when you are thus looking into his pupil you have the power of seeing right through the eye into the brain. This mental attitude will give your glance that deep intentness which is so great an assistance to your success. You will find after a little practice that when you are interested in your work it is scarcely necessary for you to wink the eyes at all and that they become stronger and brighter by their employment in this way. No matter how your patient's gaze may wander to and from your eyes to the floor and back again, let him feel that your glance is boring right through him in its consciousness of power.

**No. 3—The Breath:** As the breath plays such an important role in the practice of Magnetic Healing, it is imperative that you

should be careful above all things to keep the mouth, throat and stomach sweet and clean.

**IMPORTANT CAUTION.**—Avoid the use of stimulants and tobacco, because anything which makes a disagreeable impression upon your patient counts strongly against your success. A *single disagreeable shock*, such as the odor of onions, is sometimes sufficient to prevent the patient from passing into the condition of nervous harmony which you seek to establish. There should not be the slightest odor of tobacco or alcohol about you, but on the other hand, some sweet smelling herb, such as thyme, lavender, or mint, used as a mouth wash, possesses pleasant properties as an indication of cleanliness and care on your part.

**THE BREATH IN HEALING.**—We shall see later on that there are other methods of using the breath in healing which are even equal to the laying-on of hands in the alleviation of pain, and the utmost care should therefore be exercised that the employment of this agent should be fraught with no disagreeable consequences to the patient. You will remember that in the old testament the breath is the means of restoring to life the widow's son and that still further back it is stated that God breathed into man the breath of life and he became a living soul. Indeed, it is largely through the atmosphere that the magnetic healer draws into himself by means of his lungs some of that power which he gives forth again as magnetic energy.

**THE SECRET OF THE AIR.**—It has long been held by the most advanced thinkers that in the air we breathe there is contained a force greater, yet more subtle than electricity, and without going into this question now, I may state it as my firm contention that this force *does* exist and that it can be applied to man's use only when by his *enlightened will* he draws it into his system to be given forth again for the benefit of others. In other words, you will be able to receive and assimilate that force from the atmosphere when you confidently demand that it shall be received into you for the strengthening of your magnetic energy. Therefore, the secret of obtaining this force from the atmosphere is by a *union* of your thought, your will, and act of breathing.

**CONSERVING ENERGY.**—One further direction is to be given to the student and this relates to the conserving of magnetic energy by a species of insulation. You will find that if your feet are wet, too much magnetic energy is given off throughout the day and is lost, having no direction. It is very necessary

then that the healer should be careful that his feet are covered with some dry, warm material, and if he use a sole of spun glass inside his shoe or slipper, the effect will be to still further conserve his energy. At night he should make a point of sleeping upon a bed on which glass castors are used, and though these points may seem trivial to the skeptic, the student will neglect no opportunity of taking reasonable precautions against the wasting of this important force.



### PART III.

THE DEVELOPMENT OF MAGNETIC POWERS—WHERE THE FORCE IS—THE  
HEALER'S MANNER OF BREATHING—BREATHING EXERCISES—POSSIBLE  
ATTAINMENTS—ATTAINING FULL BREATHING—SENSING THE LIFE-  
FORCE—THE KEY TO LIFE.

**THE DEVELOPMENT OF MAGNETIC POWERS:** If you were possessed with the desire to heal others by magnetic treatments, and knew not how to preserve for yourself a larger proportion of energy than you gave out, ill-health would result to you as a consequence of your labor for the good of others. You would be draining yourself of the Life Energy without allowing opportunity for full recuperation. Therefore, knowledge of how to attract to yourself a large quantity of this force, and how to conserve and replenish this store of Energy, is necessary as a preliminary to your work as a Healer.

**WHERE THE FORCE IS.**—The supply of Force is inexhaustible. It is in the food we eat, and in the water we drink, but most accessible to us in the air we breathe. Whether he is waking or sleeping the Magnetic Healer is always a deep breather. He is conscious always of the beneficent invisible Spirit that is about him to strengthen him, and with each deep inspiration he draws into himself a portion of this power. He does this consciously, feeling the grandeur of being at harmony and at one with this Spirit of Power. When he eats it is with the feeling that he is taking sustenance into his body which is adding to his reserve-force. When he lies down to sleep, it is with the knowledge that he entrusts himself to the beneficent action of Divine Energy in rebuilding the worn-out cells of the body, and inspiring him for the task of the morrow.

**THE HEALER'S MANNER OF BREATHING.**—During the day you will not notice in him any point of difference in his manner of breathing to distinguish him from others except that his inspirations are very slow and complete, and that he seems to expand before your eyes as you sit opposite him. His mouth is closed. He breathes only through the nostrils, and you can-

not detect in him any spasmodic jerking of the shoulders or muscles, as he breathes. Only as he holds your hand in his, can you feel by the slight vibration which is imparted something of the Force which is passing from him to you. He does not give his method of development to the public eye, but in the seclusion of his home he practices those breathing exercises and rules of life which have made him the power he is, and have filled his Mind and Body alike with the Divine Energy which he is capable of imparting to you.

**BREATHING EXERCISES.**—Here I give you the necessary breathing exercises to be practiced thrice a day for fifteen minutes for the first week. Be careful not to exceed these directions. There is a purpose in making them exact, and limiting you development according as *you are able to bear it.*

*First Week.*

Spend five minutes in the morning in preparing for the exercise which is to follow. Let your thoughts be centered upon this great work of Healing, and of the good which you may accomplish by its practice. Put yourself thus into harmony with the Divine Essence. The best time for following out these exercises is immediately following or preceding each meal, Breakfast, Lunch and Supper. They should not be practiced last thing at night during the first month. They are stimulating in their immediate effect, and the student is not at once able to regulate this additional inflow of force.

*When you have given up five minutes to contemplation of the development of the Power, lie down upon a couch or bed and relax the muscles of the body so that each limb is limp and as far as possible forgotten. You have no attention to spare for any of the body's members.*

*When you are ready to begin, loosen your clothing so that you may breathe with ease, and take one long, deep inspiration, beginning with expansion of the abdomen, and carrying the breath up by one continued inhalation to the ribs and chest. This breath should be indrawn for eight seconds; it should then be held for eight seconds, and then slowly exhaled during eight seconds. Thus you fulfil with each breath the circle of twenty-four. Or, using another of the mystic figures of the East, you complete in one breath the equilateral triangle of Eight. You will not find this first step in development so easy as it reads on paper. You will be inclined to hurry; you may feel that it is necessary that you*

*should breathe more often; you may become fatigued, and even nauseated. Should this last occur, I pray you not to discontinue the exercise upon that account, as I hail such symptoms as pointing to the great need that existed in the system for better development. All unpleasant symptoms will disappear after a few sittings, and in their place will come an abounding and ever-increasing sense of Power.*

This first exercise is necessary in order to give you what few possess; namely, a control of the Breathing, and a determination to mast the tasks of Spirit-development. The time allowed for this exercise should not exceed ten minutes, having allowed five minutes of the prescribed fifteen for preparation.

#### *Second Week.*

The exercises for the second week should still occupy only fifteen minutes three times a day before or after meals, but they should be conducted as follows:

*After allowing the usual five minutes for preparation, close the right nostril with the finger and inhale a deep breath, beginning as before with the complete expansion of the abdomen, followed by extending ribs and chest-walls. Inhale this breath through the left nostril for ten seconds, and then hold it for ten seconds, finally exhaling through the right nostril for ten seconds. The control of the breathing will manifest itself to you when you are able, without fatigue, to gradually exhale the breath for ten seconds. It thus takes thirty seconds to complete the breath, the inhalation and exhalation. In ten minutes the number of complete breaths in this Second Exercise is therefore twenty. Practice this exercise if necessary beyond the allotted time if you find much difficulty in accomplishing it. Do not leave it until you are perfect in its performance. After the first ten breaths, change the inhalation to the right nostril, exhaling through the left.*

This exercise completes the procedure for the second week. When you have perfected yourself in this Exercise you may begin treating as many as three patients daily, in the manner which will be subsequently given you, but should not exceed this number. You should be conscious at the end of the second week of such an influx of vitality that it will not fatigue you to begin to give out to others something of that plenitude of Force which you are securing for yourself.

#### *Third Week.*

*The Exercise for the Third Week of Preparation is more dif-*

ficult than the preceding, and requires on the part of the student careful and serious attention.

*It consists in the alternate use of the nostrils as in the preceding week, but each inhalation should occupy fifteen seconds; the breath should then be held only ten seconds; and the exhalation should be again fifteen seconds. Notice particularly the difficulty you experience in exhaling for fifteen seconds. But it should be learned. It is necessary to your development, and the rewards are great.*

#### *Fourth Week.*

*The Exercises for the Fourth Week are devoid of any restrictions in the matter of using first one nostril and then the other in the Breathing; but the time of inhaling is increased, if possible. Every inhalation should take twenty seconds; then hold the breath for ten seconds, and exhale it twenty seconds, thus concluding the breath. The time of the exercise may be extended from fifteen minutes to thirty minutes, including the necessary five minutes for preparation.*

POSSIBLE ATTAINMENTS.—Strange as it may seem to you who know nothing of the development through breathing, some students have been known to develop a capacity for inhaling and exhaling covering a period of five minutes for each complete breath. The earnest student, at the end of the fourth week, begins to feel in truth that exaltation of the spirit and bodily vigor which comes with the presence of large quantities of Nervous Energy in the system, revivifying and transfiguring him. In place of weakness he shows strength; the rich color that has superseded the pallor of his countenance shows how well his physical body appreciates the nourishment which it has received. The wasted form has filled out, and the clear light of the Spirit shines from the eye. There is no mistaking the eye of the Magnetic Healer; it is clear, penetrating, steadfast, yet not aggressive. Its expression is mild but constant.

ATTAINING FULL BREATHING.—After the fourth week the student should make the practice of deep breathing his constant aim. The muscles are now so strengthened that they are indifferent to any ordinary strain put upon them. He should begin to breathe deeply in the morning when he first wakes from slumber, and without tying himself down to any fixed hours for Exercise, he should make a point *at least* once a day of giving up *thirty minutes* to his Exercise while he reclines upon

a couch. Now his method should be to gradually extend and still further *extend the length* of time occupied by the inhalation. The student should, to fit him for attaining full Breathing Development, practice during the day, whenever the opportunity presents itself, the Act of Deep Inhalation and holding the breath. The point to be especially kept in mind at this stage is that the exhaling of the deep breath is *not* to take place with any loss of control over the act of breathing. It is to take place under the control of the will, and must be now and always *gradually* performed. As the length of the complete breath increases, the period of suspension, or holding of the breath, decreases in about the following proportion:

Length of Complete Breath.	Inhalation.	Suspension.	Exhalation.
24 seconds.	8 seconds.	8 seconds.	8 seconds.
30 seconds.	10 seconds.	10 seconds.	10 seconds.
40 seconds.	15 seconds.	10 seconds.	15 seconds.
50 seconds.	20 seconds.	10 seconds.	20 seconds.
60 seconds.	26 seconds.	8 seconds.	26 seconds.

And so on as far as you deem it prudent to go, judging from the effect upon you. These figures are based upon the action of the normally developed lungs of a healthy man. The scale may be altered in just the ratio of one's relation to the normal, healthy condition.

**SENSING THE LIFE-FORCE.**—When this system is carried to perfection the student begins to experience what the Hindoos call the "spirit movement," when the Life Energy actually can be sensed in its distribution throughout the body by nerves and blood. Then disease has lost its hold upon the organism, and fatigue becomes a thing that is speedily remedied. Then even hunger and thirst become amenable to the control of the will, and the strength of the spirit asserts itself against the decay of the body.

**THE KEY TO LIFE.**—The key that must unlock for man the gate of physical immortality, or the preservation of the body in perfect health for hundreds of years, lies, as the wise men of the East know, even at this day, in the Practice of Deep Breathing and Rules of Life. Do not let anyone disconcert you in this practice by pointing out that "It is only Deep Breathing!" We know what it is and we know what it can do. All I ask is that you give up the required time to the Exercises, and that you lose no

opportunity to develop your control of the Breath. By so doing you will generate for your own use more Magnetic Power than your body needs, and will store the surplus in the system for the healing of others. Its presence in your own body in sufficient quantities will make you proof against the attack of disease.

## PART IV.

THE APPLICATION OF MAGNETIC HEALING: HOLDING THE ATTENTION—THE LONG PASS—EFFECTS TO BE NOTICED—SPECIAL TREATMENT—POSITION OF HANDS—THE ABDOMINAL BRAIN—DIRECTING THE CURRENT—LENGTH OF TREATMENT—THE HEALER'S MANNER—PRECAUTIONS TO BE OBSERVED—INCREASING THE VIBRATIONS—THE CRISIS—THE FORCE THAT DIRECTS THE BLOOD—CONTRASTING MEDICAL SCIENCE—A RATIONAL METHOD—MEDICAL METHODS—MAGNETISM DISSOLVES DEPOSITS—CURE FOR CANCER—RELIEVING PAINS—HEADACHE—ASTHMA—INFLUENZA OR GRIPPE, COLDS—CHILLS—FEVER—RHEUMATISM—SCIATICA—NERVOUS PROSTRATION AND NEURASTHENIA—ALCOHOLISM, MORPHINISM AND COCAINISM—CATARRH OF HEAD, STOMACH, KIDNEYS, BLADDER—CHRONIC CONSTIPATION—DYSPEPSIA—PARALYSIS—APOPLEXY—BRIGHT'S DISEASE—DROPSY—MAGNETIZING BY THE BREATH—HOT INSUFFLATION—DIRECTIONS—COLD INSUFFLATION—HOW TO MAGNETIZE OBJECTS—PREPARING BLOTTING PAPER—IN CASE OF SORES—HOW TO MAGNETIZE A GLASS OF WATER.

THE APPLICATION OF MAGNETIC HEALING: A General Treatment: You must first learn what is meant by giving a general treatment, which must precede the specific treatment for the different diseases which will be mentioned hereafter. Remember that this general treatment is to be used upon every patient at the beginning of every treatment; whether you take a case for one treatment only or for daily treatment for a month, you must always begin work by giving this general treatment, proceeding from this to the specific treatment for the particular disease you are called upon to treat. Having questioned your patient first as to his symptoms and habits of life, paying particular attention as to whether he is suffering from constipation among other things, proceed to rub the hands briskly together and obtain the feeling of heat and warmth in the palms and fingers concerning which you have been already instructed. Now if your patient can come to see you, it is very evident that he can sit up in a chair and you therefore will dispose him comfortably in a chair in which the back is slightly off the angle of the perpendicular, making him as comfortable as possible. The idea is to make him rest by which means he will be more thoroughly passive to your influence.

**HOLDING THE ATTENTION.**—In all your treatments request your patient to close his eyes, and this for two reasons, (1) that there may be less to distract his attention and (2) that he be not allowed to watch all your methods of procedure and so obtain an insight into your work under cover of receiving treatments himself. This is your own work and while you are willing to devote it to the benefit of humanity you should not be willing to give free instruction to the curious. Therefore, insist upon it that your patient's eyes shall remain closed throughout the treatment. Now inform him that you are going to project your magnetism upon him from head to foot for the purpose of putting his nervous system into harmony, and then while he sits comfortably in his chair with his feet planted firmly upon the floor and his hands resting upon his knees, you begin the use of the long passes.

**THE LONG PASS:** Stand in front of your patient and concentrate your mind upon the effect you intend to produce. Say to yourself, "I will relieve this patient of his pain. I will cure him of his disease. I will restore his nervous system to harmony. I will give him freely of my magnetism. I can do this by my knowledge of the law of sympathetic transmission of force." While you are thinking this to yourself, slowly raise both hands, the fingers being clenched, and in a wide sweep raise them above the patient's head, bringing them together and unclasping the fingers, at a point just above his forehead. Now spread your fingers out a little, keeping them easily apart but not rigid and very slowly bring them down past the forehead, face, chest, abdomen, to the knees, taking a full thirty seconds to complete this slow longitudinal pass. At the conclusion of the pass shake the hands as if you were throwing off the diseased condition of the patient, and clenching the fingers again bring them once more in a wide sweep before the patient's head, and repeat the process. Continue this for five minutes, during which time your patient will be almost certain to feel the stimulating effect of your magnetism.

**EFFECTS TO BE NOTICED.**—It may be that his heart beat will be quickened and that he will perceive a feeling of warmth due to the effect of your magnetism upon the circulation of his blood. At the same time he will experience no marked excitement, but the reverse effect will be noticed, viz., the calming influence upon his nerves. Speak reassuringly to him, giving him an indication



of the effects you intend to produce in him by this method. He is now in condition to receive the true magnetic treatment for the restoration of the equilibrium of his nerve force. The hands are the only instruments used in this general treatment for transferring vital magnetism to your patient and both hands should

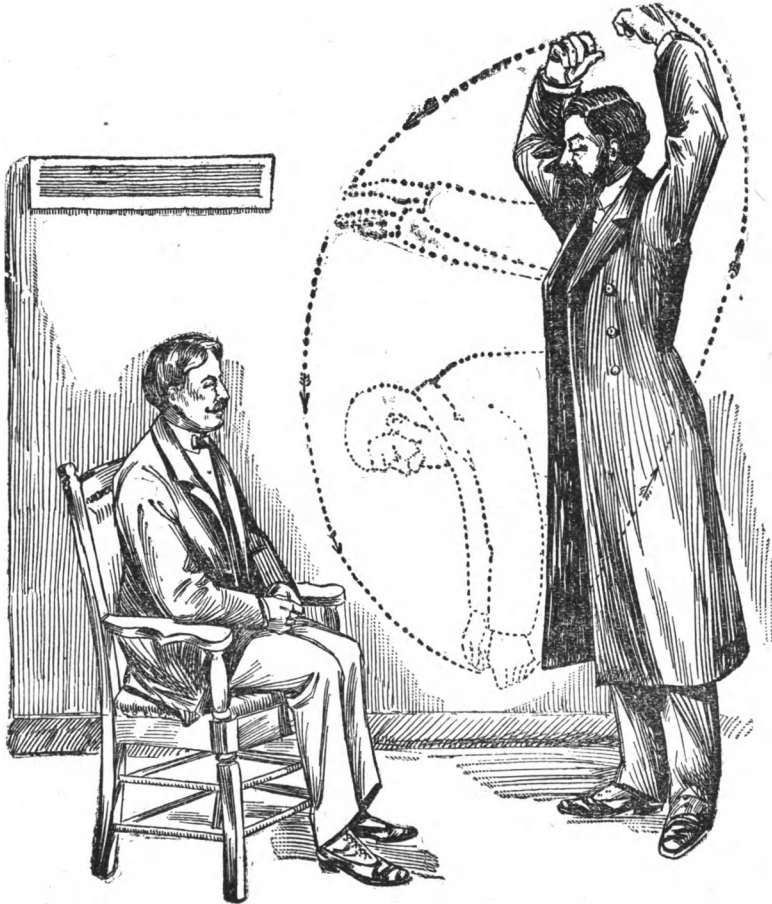


FIG. 1.—THE LONG PASS IN MAGNETIC TREATMENT.

be employed in every case. It must be remembered again that the right hand is the positive, or projecting hand, and the left hand is the negative, or receiving hand.

**SPECIAL TREATMENT:** The principle of special treatment is to form a circuit with the patient's body as the point of contact

between the two hands. The current is thus passed through the resistance, which is the patient's body, and returns to the Healer. The latter becomes conscious of the fact that the circuit is formed by the sensation of slight tingling in his left hand, and when this is felt, he withdraws his left hand from contact with the body, keeping his right in the same position as before. He then uses



FIG 2.—MAKING THE CIRCUIT.

his left hand merely as a stimulus to the force, by tapping lightly with the fingers of the left hand from time to time upon the body, or stroking. More minute directions as to special treatment in special cases will be given further on. The point now is to describe how the Magnetic Healer treats, and why.

**POSITION OF HANDS.**—The Healer has directed the force into the body of the patient, by *forming the circuit* with both hands,

the right hand being placed upon the *solar plexus*, or pit of the stomach, and the other resting upon some portion of the spine. The position for the positive, or right hand, in all magnetic treatments, is always against the bare skin at the pit of the stomach when possible. This rule must never be interfered with unless it is offensive to the patient. It is true that the Force can be passed through clothing, but to be *immediately* efficacious, the positive hand of The Healer should rest lightly but firmly upon



the flesh of the patient. It is not so important that the left hand be applied to the flesh, but it is always better, when possible, to have the patient's clothing loosened so as to permit both hands to touch the flesh.\* However, in case the patient is of the opposite sex and of such a sensitive nature that the close contact seems indelicate, it is better to avoid this nervous antagonism by working a longer time, with both hands outside the clothing.

No good can be accomplished if the mode of treatment distresses the patient in any way.

**THE ABDOMINAL BRAIN.**—The Solar Plexus is a great nerve center, so important in its bearing upon the health of the patient, and so remarkable in its diffusing scope, that it has been given the name of the Abdominal Brain. No matter what the negative hand may be doing, the position of the right hand of the Healer never varies: it is always upon the Solar Plexus. The force so received from The Healer is radiated through the entire nervous system from head to foot; thence it sets in the direction of the Healer's left hand, seeking to complete the circuit. When the Healer senses that the circuit has been completed, which sometimes happens in five, sometimes in ten minutes, sometimes in less than a minute, he withdraws his left hand from the spine, or wherever it may be resting, and proceeds to allow the Force to flow into the patient from his right hand alone.

**DIRECTING THE CURRENT.**—After waiting thus for a few minutes, he touches the spine of the patient lightly with the tip of the third finger of his left hand. The effect is to at once cause a rush of Force to the point of contact, imparting to the patient a pleasant tingling not unlike a mild current of electricity. Sometimes this sensation is so slight as to be scarcely noticeable, but with the continued treatments it becomes more marked. The Healer allows his finger to rest in one place for a few seconds, and then proceeds to touch the spinal cord from end to end with the finger of the left hand, causing slight but now unmistakable shocks to be felt by the patient, who complains sometimes of excessive warmth at the points of contact. This tapping should proceed for five minutes, at the end of which time the patient will be conscious of great benefit derived in the form of additional strength imparted to his system, due to the presence of Nervous Energy in added quantities to the nerves and their branches.

**LENGTH OF TREATMENT.**—After the current is established, as described above, ten minutes is the longest treatment that should be given, and after each treatment the Healer should wash his hands and dry them carefully. Before beginning treatment he should see that his hands are warm and slightly moist. If the hands are cold, clap them or rub them briskly together before applying them to the patient. If they are dry, moisten them

slightly with water, allowing free escape of the Force through the pores of the skin.

**THE HEALER'S MANNER.**—The healer always greets his patient with a pleasant smile and kindly word. His speech breathes a spirit of Hope for the sufferer, and his touch is magic to dispel suffering. His bearing is dignified and confident. In giving these treatments it is not necessary that the left hand of the Healer should rest upon the flesh of the patient, though it is better, and results are more speedy, to so arrange matters when possible. But it is advisable that the right hand should be next the skin. The left will establish the circuit quite satisfactorily outside the clothing. There is no fixed rule to follow in giving treatments so far as the position of the patient is concerned. Nor can it be determined beforehand, whether the Healer shall stand or sit. In this he must be guided by the most comfortable position for his patient. The treatments may be given with advantage when the patient is in bed; but a reclining position upon a comfortable couch will answer the purpose as well. In some cases the sitting position is the most satisfactory.

**PRECAUTIONS TO BE OBSERVED.**—When the Healer is ready to give his treatment, he speaks reassuringly to the patient, explaining what he is going to do, and setting at rest the fears which everyone will experience who enters upon a plan of treatment to which he has been unaccustomed. It is always best, until full confidence has been established, and even afterwards, to have someone in the room in addition to the patient. This gives to the latter a feeling of security, and the beneficent influence will be more easily perceived. The first effect which the patient will notice will be in the form of an increased warmth of the body, penetrating sometimes unmistakably to the extremities of the limbs, sometimes accompanied by a tingling of the nerves and a quivering of the muscles.

**INCREASING THE VIBRATIONS.**—From the positive right hand of the Healer there often comes a slight but decided vibratory motion, as if the current were shaking its medium in its haste to enter upon its work. With practice in healing, these vibrations of the positive hand become more marked, due to the greatly increased flow of Energy from the palm and fingers. The Healer now advises the patient to breathe slowly and deeply, in order that the nervous system may draw into itself some of the Force from without.

**THE CRISIS.**—In all these treatments, the Healer looks always towards one certain effect, an effect which is known to physicians as “a crisis.” Crises have been recognized in disease from very early times. A favorable crisis is attended by sudden re-establishment of the secretions and excretions. In the light of our knowledge of the effect of Vital Magnetism it is easy for us to understand that the checking of the secretions and excretions, which is a prominent symptom of internal disorder, is due to the interruption of the Vital current in its circuit. A removal of this interruption and a re-establishment of the current by the addition of nervous energy sets again in motion the glandular processes of excretion and secretion. At the establishment of the crisis the skin especially becomes bathed in perspiration and convalescence immediately follows.

**THE FORCE THAT DIRECTS THE BLOOD.**—The Healer deals first with the nervous system, knowing well that the power of repairing tissue is primarily located in the nerve-energy of the body. In other words, the power to arrest disease and repair the body is in the nerve fluid before it is infused into the blood, and exists as a Force independently of the Blood. The nervous system exercises a prime influence over nutrition and all organic processes, and it cannot be accepted that the changes in nutritive processes observed to follow the application of Magnetic Healing are only due to the variations in the size of the blood vessels supplying the affected parts, although this is doubtless a factor in producing results.

**CONTRASTING MEDICAL SCIENCE.**—Medical science has directed its efforts mainly to the selection of drugs which have in their action upon the system a sedative, anæsthetic and purgative effect. Thus the physician gives his attention to the treatment of symptoms, relying for the removal of the cause upon the effort of the system to expel matter foreign to it, and thus get rid of the “medicine” and the obstruction at the same time. Such a method must cause a smile. It is a confession that drugs are merely at their best intended to assist the intelligence of the body in driving out the intruder. The drug is a haphazard means of disturbing the Intelligence. It happens that the activity of the functions resulting from the introduction of the drug into the system is followed by a disappearance of the symptoms, the physician congratulates himself that he has found the

correct remedy and pays no attention to the fact that without Intelligence every drug must prove inert.

Surely, it is only reasonable to direct attention first to the controlling power, The Intelligence. Is it not better to act in union with that Intelligence than to disturb and irritate it? Is not this merely common sense? I am aware of the fact that medicines relieve certain conditions. Calomel, for example, acts upon the intestinal tract; rhubarb increases the peristaltic action of the bowels; opium paralyzes the cerebrum.

A RATIONAL METHOD.—But the point I wish to make is that the functions of the body are primarily under the control of the Nervous system, and the rational method of treatment in any and all diseases is to reach function through the nervous system direct. Anything else is a slow and cumbersome method. Normal processes are most speedily established by the application of Nervous Magnetism in all disorders of the body.

MEDICAL METHODS.—When inflammatory deposits have been organized—have remained in the tissues until they have become hardened—many means are resorted to by physicians for their removal. This is confessedly a difficult matter by use of drugs. Electricity is used as an aid to the absorbents to take up the morbid accumulation; dry air at a temperature of 300 degrees Fahrenheit is sometimes applied; local applications of iodine, iodide of potassium, iodide of ammonium, and other drugs are used, though the iodides frequently prove most harmful; and finally the physician informs the patient that when inflammatory deposits have become organized they may be considered a fixture.

MAGNETISM DISSOLVES DEPOSITS.—Magnetic Healers, however, have by no means concurred in this decision, and by directing their efforts to the controlling power they are enabled to re-establish harmony in the system and dissolve the morbid accumulations. There is a certain class of new and abnormal growth which baffle the physician and his armamentarium of drugs, but which yield readily to the application of Magnetic Healing. Such, for instance, is the excessive development of the epithelium of the sebaceous follicles in the form of verrucæ, or common warts. These are morbid growths amenable to the dissolving action of the vital current. Cancer, that most dread of all diseases, probably originates in this way, by the trans-

plantation of epithelial cells to connective tissue. These cells having in themselves propagative and creative power, cause the abnormal growth, and for this class of disorders the only remedy known is the knife of the surgeon. Valuable lives are sacrificed every day because the physician will not perceive that, where there is creative power, there is Intelligence. Where there is the *power to create* abnormal growths, there must also be the *power to check* abnormal growths. *There cannot be growth without Intelligence.*

**CURE FOR CANCER.**—The cure indicated for cancers and for all abnormal growths is the application of Magnetic Healing in its inhibitive form. The intelligence which directs the nervous energy in ordinary diseases to reconstruct and build up the tissue is employed in these cases of abnormal growth for the dissolution and disintegration of the growths, and speedy resolution of the abnormal accumulation into the blood, to be thence excreted by the system, follows the application of Vital Force.

**RELIEVING PAINS.**—For all pain which is an inseparable symptom of disease, Magnetic treatment is the specific remedy. There is no form of pain which this will not dissipate, as there is no form of disease which it cannot relieve and cure. The attention of the Magnetic Healer is first directed to the relief of pain by the introduction of Vital Force through the nervous system, leaving the eradication of the disease to the beneficent action of the same agent, working in harmony with the nervous energy of the patient.

Medical science has pronounced quinine its great auxiliary in lowering temperature in fever, but I have yet to hear of a case where Magnetic Treatment failed to reduce pulse-rate and temperature in one treatment. It is not necessary for the Magnetic Healer to inform himself accurately regarding the exact degree of the body's temperature. It is very necessary that the physician should do so, because in fevers where quinine, antipyrin, jaborandi and kindred agents have been blunderingly used to depress the temperature, the thermometer informs the physician when to discontinue further use of the drug lest the depression of temperature be carried beyond the point of recuperation, and collapse occur.

#### SPECIFIC TREATMENTS.

Let us give our attention now to the commonest diseases which you will be called upon to treat and show how each is to be dealt



with by Magnetic Healing, always remembering your previous instruction in the general treatments.

**HEADACHE:** Request the patient, if the face is flushed, to sit upright in a chair. Place positive hand (right) on the solar plexus, and left hand at base of the brain, above the neck, back of the head.



FIG 3.—TREATMENT FOR HEADACHE.

Retain these positions for five minutes. If the face is pallid, showing anemia instead of local congestion, request the patient to lie upon a couch with head very slightly raised above the level

of the body. After five minutes, remove the left hand, and touch the scalp and forehead gently with the finger-tips, allowing the fingers to trail gently over the scalp, down the back of the head, with a drawing motion, down to the first or cervical division of the spine. This relaxes the scalp, and relieves the pressure on the nerve terminals which produced the pain.

**ASTHMA:** A dyspnoea or difficulty in breathing, due to chronic nervous spasm. Let the patient sit upright in a chair, and keeping right hand as always upon the solar plexus, place left hand on spine, flat, between the shoulder blades for five minutes. Then remove left hand and tap the spine lightly with finger-tips from top to bottom, the cervical, dorsal, and lumbar divisions of the spine. Instruct the patient while you are doing this to relax muscles and breathe from the abdomen. The spasm will be immediately relieved.

**INFLUENZA OR GRIPPE, COLDS:** Lassitude and general depression, accompanied by pain throughout the body, and discharge of mucous from the nose.

Positive hand on Solar Plexus; negative hand on root of the nose and forehead for five minutes. Then trail the fingers of the left hand over the head of the patient from root of the nose to cervical division of the spine. Instruct in deep and powerful breathing from abdomen only.

**CHILLS:** Recurrent or intermittent, as in ague. Positive hand on solar plexus; negative hand on base of the brain, resting for ten minutes without tapping. Instruct in deep breathing.

**FEVER:** If there is delirium, positive hand on solar plexus, and negative hand resting for five minutes at base of brain. After five minutes, with negative hand, stroke spine without tapping from top to bottom, using only finger-tips to make the stroke with, lightly, until delirium passes. If there is no delirium, positive hand on solar plexus, and negative hand at base of brain, as before. Then instruct in abdominal breathing, deep, regular breaths, eight seconds in duration without holding the breath between inhalation and exhalation. Secure regularity in breathing, keeping left hand in same position throughout the treatment. Watch for crisis, accompanied by perspiration, followed by sleep. The fever has passed.

**RHEUMATISM:** An inflammatory condition of the tissues (causing pain by compression of nerve fibers), resulting in tor-

eign deposits in tissues. Positive hand on solar plexus. Negative hand on seat of pain. Instruct in Deep Breathing.

**SCIATICA:** An inflammatory condition of the nerve substance itself. Treatment as in rheumatism.

**NERVOUS PROSTRATION AND NEURASTHENIA:** An irritable condition of the brain substance and nerves, due to imperfect nutrition through excitement and worry. Positive hand on solar plexus, negative hand resting at base of brain.

**ALCOHOLISM, MORPHINISM AND COCAINISM:** Treatments twice daily for one month. Watch these cases carefully. There is deterioration of brain and nerve substance. Treatment by tapping the spine with fingers of left hand. Deep Breathing, and regular exercise by muscular contraction.

**CATARRH OF HEAD, STOMACH, KIDNEYS, BLADDER:** An inflammatory condition of mucous-membranes. Treatment by positive hand on solar plexus; negative hand on affected part. Treatment by diet, deep breathing and exercise. Catarrh is always due to impaired nutrition.

**CHRONIC CONSTIPATION:** A condition of lack of peristaltic action of the bowels and habitual contraction of sphincter muscle of the anus. Positive hand on solar plexus, negative hand on base of brain. Fluids, five pints of cool water daily sipped at frequent intervals, deep breathing and exercise, cure every case. This is the commonest of disorders, and should be first attended to in the treatment of all diseases.

**DYSPEPSIA:** Irritable condition of the digestive organs. Positive hand on solar plexus, negative hand at base of brain. Fluids as above.

**PARALYSIS:** If on left side, due to injury to right hemisphere of brain. If on right side, due to injury to left hemisphere. Treatment, positive hand on solar plexus, negative on affected part, tapping forcibly with side of the hand to restore sensation. If paralysis is complete, affecting both sides of the body, treatment is by positive hand on solar plexus, negative on spine, drawing finger-tips from top to bottom to restore currents.

**APOPLEXY:** A suffusion of blood to the head, causing unconsciousness, and sometimes paralysis. Seat patient upright; apply positive hand to solar plexus, negative to base of brain, tapping spine from top to bottom.

**BRIGHT'S DISEASE:** An affection of the kidneys, which has not been satisfactorily met by the medical profession. Treatment by

**breathing, and magnetism.** Positive hand on solar plexus, negative on region of the kidneys.

**DROPSY:** A watery deposit in the tissues, causing swelling. Treatment, positive hand on solar plexus, negative at base of brain. Breathing and magnetism cure.

This lesson could be indefinitely prolonged, but sufficient instruction in treatment and the principles of treatment has been given to enable you to take under your care any case of disease that presents itself. Never forget to instil the importance of following the breathing directions given upon your patient's minds; since upon their earnest co-operation with you in much of the detail of Magnetic Healing their continued health depends. It is not sufficient to make your patient well; he must be taught also how to keep well, and prevent a recurrence of his disorder. In this respect Magnetic Healing fills all the needs of man..

**MAGNETIZING BY THE BREATH:** It was impressed upon you in the earlier part of this course of lessons that magnetic energy could be transmitted by breathing, and it remains now to show you how the breath is used in the act of insufflation as it is called.

**HOT INSUFFLATION.**—Insufflation is of two kinds, hot and cold. The hot insufflation is demonstrated by breathing upon a piece of flannel laid upon the seat of pain in the patient. The Healer puts his mouth close against the flannel and by breathing heavily upon it causes a sensation of great heat in the part. This breathing should be continued for several minutes, at the end of which time, in headaches, neuralgia, rheumatism, and in fact any acute pain it will be found that the trouble is very much relieved, if not entirely cured.

Before leaving the subject of hot insufflation there is a method by which the chronic constipation of the pronounced type can be entirely cured when using this process.

**DIRECTIONS:** At the pit of the patient's stomach covering the solar plexus, lay a piece of flannel about 6 inches square against the bare skin. Now bending over the patient, apply your left hand to the lumbar or lower division of the spine, allowing the patient to lie upon that hand, palm upward, pressing against the spine. Now apply your mouth to the piece of flannel and breathe through the mouth upon it, inhaling air through the nose. The effect will be to almost immediately start peristaltic action in the patient and a lifelong habit of constipation may be broken up in this simple way.

**COLD INSUFFLATION.**—Cold insufflation has an exactly contrary effect and consists of blowing the breath upon the patient from a distance of several feet for the purpose of calming the nerves and clearing the brain. Cold insufflation is very useful banishing drowsiness and stimulating the nerves of the patient to increasing activity. It is not especially valuable in curing or alleviating pains, but is a good thing to use at the conclusion of a treatment in order to restore the patient quickly to the full activity of the senses. The breath in cold insufflation should be directed upon the forehead and eyelids of the patient.

**HOW TO MAGNETIZE OBJECTS:** A very large part of the practice of the Magnetic Healer comes to him through correspondence from patients living at a distance and it is a matter of great importance to them that they should receive from the Healer articles magnetized by his force which can be applied by them to the seat of pain or for the cure of chronic conditions. You must understand therefore how to magnetize an article so that its curative properties shall be retained for the use of patients at a distance.

**PREPARING BLOTTERING PAPER.**—One of the best and most easily handled articles for conveying magnetic force to a distance is blotting paper and the way to magnetize blotting paper is as follows: Take a piece of new blotting paper about the size of an ordinary envelope and sprinkle it on both sides with a few drops of water. Now heat your hands very hot by rubbing them together, shaking them, and clapping them with force one against the other, and then hold this blotting paper between the palms of the hands for two minutes impressing your concentrated thought upon the article, willing strongly that your magnetism shall be absorbed and retained by it for the benefit of your patient. So proceed with another piece of blotting paper the same size and having thus separately magnetized them, place the two pieces together, and hold them together between the palms of your hands for a minute or two. Now wrap them in clean white paper and post them to your patient, together with a letter giving full directions for use. In curing diseases of long standing, the paper is to be used by wearing it upon the part which it is desired to treat.

**IN CASE OF SORES.**—If desired for the cure of a sore or ulcer of long standing a thick piece of cloth should be laid upon the sore and then the blotting paper laid over the cloth. It is better that no one but the patient be allowed to handle the blotting paper before it is applied in order that there may be no diminution

tion of magnetism. It is possible to magnetize almost any object from a ring to a piece of raw potato, so that such objects will have curative properties, but the blotting paper will be found to answer most purposes.

HOW TO MAGNETIZE A GLASS OF WATER: It very often hap-



FIG. 4.—MAGNETIZING A GLASS OF WATER.

pens that patients require magnetism in liquid form and better results, especially in fevers and chronic rheumatism, can be obtained sometimes by the use of magnetized water than by any other

agency. Take a glass and fill it with cold water. Hold the glass in the left hand. Point the fingers of the right hand and the thumb upon the surface of the water at the mouth of the glass, but do not allow the fingers to come in contact with the water. Now direct your attention upon the glass of water, having previously heated your hands to allow the accumulation of nervous energy at the points of the fingers as in the preceding preparation of the blotting paper. Five minutes work will magnetize a glassful or a jugful of water, provided care be taken that the vessel containing the water has a wide mouth and not a narrow neck. The patient should be instructed to take the water in doses of a wineglassful every thirty minutes for the first day; every hour the second day; and a wineglassful three times a day after this. It is an interesting experiment to set before a patient two glasses of water, one of which has been magnetized, and allow him to distinguish by the slightly metallic taste of the magnetized water which is which.

## TO PROFESSIONAL HEALERS.

If it is your purpose to take up magnetic healing as a profession instead of merely a personal and private accomplishment, I would give you a word of advice, in the form of "don'ts"—perhaps the shortest way.

Don't hurry or appear anxious.

Don't drop your calm, pleasant, dignified and confident manner.

Don't allow flippancy or familiarity to creep into your relation with your patients. Don't be austere or gloomy, however.

Don't neglect extreme cleanliness in dress and person.

Don't make your fees too small; rather make them as large as you reasonably can, but,

Don't hesitate to do plenty of charity work; take all the work you can get—it advertises you.

Don't accept a fee that your patient cannot afford to pay.

Don't accept a fee, except for your time, when you have failed, for any reason, to benefit a case.

Don't take any acute or critical cases unless they are thrust upon you forcibly and voluntarily. The present condition of medical laws in most countries permits physicians to slay their patients by the thousands, but if someone dies on a healer's hands, great is the uproar—from the medical men.

Don't handle contagious diseases, for the same reason.

Don't practice at all unless you have a sweet, clean and pleasant office or room in which to work.

Don't argue or theorize with anyone. Hold yourself good-naturedly above it, telling them if they want instruction you will sell it at so much per lesson.

Don't keep bad company or neglect the conventionalities of society, which are intended for the public good.



## PART V.

ABSENT TREATMENTS—THE POWER OF THOUGHT—THE PURPOSE OF THIS CHAPTER—THE FORCE OF GOOD-WILL—AVOID SELF-DISTRUST—THE LAW OF LIVING—NATURAL AIDS TO CURE—BREATHING FOR HEALTH—FORM OF BREATHING—EXPRESSING SUGGESTIONS—INCREASING CHEST EXPANSION—SOLVENT PROPERTIES OF FLUIDS—HOW TO DRINK WATER—A CAUTION—A NEW SYSTEM OF EXERCISE—STRETCHING—FIRST EXERCISE ON WAKING—THE SYSTEM OF MUSCULAR CONTRACTION—THE PROPER METHOD—WHEN TO USE IT—HOW OFTEN TO DO THIS—CORRESPONDING WITH PATIENTS—WRITE PERSONAL LETTERS ALWAYS—HOW TO GIVE THESE TREATMENTS—THE REACTION FOR GOOD UPON THE HEALER—A FINAL WORD OF ADVICE.

ABSENT TREATMENTS.—In the course of a long life devoted to the cultivation of what is now known as the thought-force, I have had many opportunities of proving alike to the satisfaction of myself and of my patients that it is not only possible to project Healing Thought, which is the fundamental energy of life, to any distance, but that it is also possible to teach to others the secret of the power, if you please to call it so, which I have made my own. I know quite well that many of the readers of this present Course of Instruction have been led to believe that there is no other power at work in performing these cures by distant healing but the Imagination of the patient, or, the Expectant Attention of the patient. I will give due credit to the Imagination and to the Attention, but I must be allowed to retain my earnest belief that there is a force at work which is as much superior to the force of what is called Suggestion, or Imagination, or Attention, as the telegraph is superior to the mail service.

THE POWER OF THOUGHT.—I believe that Thought is Energy; that it is dynamic; that it is transferable; that it contains within itself potencies of good and potencies of evil; that I can injure by my thought as certainly as that I can cure by my thought. After eliminating all examples of cure which have occurred within my own practice which might be traced possibly to the use of the Imagination, or of Expectant Attention, or of simple Suggestion, I find an enormous number of cases which cannot be explained

upon any such hypotheses. The only explanation of such cures possible is that I was enabled to transmit Thought, Healing Thought, across distance in some manner, the mechanism of which is at present unknown to us. I do not expect to be able to teach you what Thought is, because if we knew that we should probably have arrived at the heart of the mystery of creation. I do not think that it will ever be given to man to know the composition of Thought.

**THE PURPOSE OF THIS CHAPTER.**—I want to teach you only how you may use Thought-transmission for the benefit of yourself and of others. If you know this, if you know how to do this, and how to use this power at will, you may be well content not to worry yourself about the composition of Thought or the analysis of Energy; it will be sufficient for you that you are enabled to do great good in the world. I think that you will find as I found that the projection of thought is an extremely simple matter. It is in my opinion so simple that its very simplicity has caused its amazing force to be overlooked in this age of difficulties surmounted.

**THE FORCE OF GOOD-WILL.**—All that is necessary in order to project thought successfully is the motive, the intent, the good purpose, the wish to help, to assist, some one sick and in suffering. This wish or this desire carries with it a full sense of power to do that which you wish to do. You can project thought *because you desire* to project thought, because your wish is good. It is very different in the field of action, but in the realm of thought you, a weak man or woman, are as powerful as the strongest; physically you may not be so, but in thought you are, I repeat, as strong as if you were physically whole and sound.

**AVOID SELF-DISTRUST.**—Bear this point very carefully in mind; throw out from your mind all self-distrust; do not believe that because you are yourself perhaps sick and weak therefore you cannot do any one any good. The reverse is true. Some of our greatest Magnetic Healers were by no means physically robust; but they, and all of my pupils, without exception bear witness to the fact that they gain strength themselves in the same proportion that they give strength to others; that while they send out to their patients and their friends, and even to their enemies, full currents of strength-giving healthful thought, they are constantly receiving back, as it were by a return current, renewed health, renewed hope and courage along the thought-plane.

**THE LAW OF LIVING.**—The philosophy of this work is very

beautiful. It aptly bears out the teachings of Christ. It is a casting of bread upon the waters which returns again and again. It is a giving of alms which is restored to the giver an hundred fold. It is for many the gate not only to physical strength and health but to the unfoldment of the higher life within. The development of the spirit along the thought-plane is very marked among those who give themselves in thought to the pursuit of this noble work.

**NATURAL AIDS TO CURE.**—We must not overlook in the treatment of our patients those material aids to physical health which are the mainstay of every reasonably conducted sanitarium in the world to-day. While I may believe with many of the best thinkers of the age that the practice of medicine as we know it to-day is largely an experiment and uncertainty, yet we must not disparage the great work of those far-seeing physicians who have made the practice of preventive medicine their study; who have given their time to the better knowledge of Hygiene, of Diet, of Massage, of Electricity, Water and Rest, preferring to work with the reasonable and simple means which nature has placed in man's way for the improvement of his physical condition, rather than to experiment with dangerous drugs. Chief among these aids to health I place the right use of Breathing. I desire you especially to instruct your patients in a knowledge of the value of the right use of the lungs to man. In the Bible the word "spirit" is used in place of the strict meaning of the Greek word "Pneuma," the Breath. The importance of breathing is never properly enforced upon the young; if it were, there would be in this country no such thing as tuberculosis; no such thing as consumption; since every physician will agree with me that no child is ever born into this world having consumption developed in him. A proper exercise of the lungs would absolutely prevent the development of the germ of this terrible scourge, and I therefore make it a most important point in this Course of Instruction that you add to your knowledge and to your form of treatment the points contained in the following paragraph, and instruct your patients along these lines, besides following them yourself.

**BREATHING FOR HEALTH.**—In order that your patient may get the full benefit of this course of treatment he must pay particular attention to three things. The first is the act of breathing, the second is the drinking of sufficient cold water, in very small quan-

ties but very frequently, to greatly increase the quantity of blood in the system, and the third is the form of exercise for invalids which I have found most suitable for all—for weak or strong, young or old. Let us begin with directions for his improved form of breathing. He has been in the habit of taking a great many short and easy breaths in order to supply his body with sufficient oxygen to carry on its work. He has not probably once in the course of the day taken one full inhalation and exhalation. He has not taken in just as much air as his lungs could possibly hold and breathed out to the uttermost extent of compression which the lung-tissue is capable of. He must begin to understand that exhaling the breath, thus removing carbonic acid from the lungs, is just as important as inhaling.

**FORM OF BREATHING.**—He must begin to breathe from the abdomen, instead of from the chest. Breathe from the abdomen and carry it upward to the chest so that he feels that he is actually taking into his body all the air it can possibly hold. Let this be done gradually and without spasmodic jerkings of the muscles. Ten such breaths as this in the morning first thing when he awakes, long, slow, gradual, complete, breaths. If he should be a poor sleeper, and should wake during the night he must repeat this operation, remembering this comforting fact, that he will do his system as much good by a half-hour's exercise of this kind as though he were indulging in the profoundest slumber. This is the method which gives to the body oxygen to destroy waste matter and to give heat for the increase of the bodily temperature.

**EXPRESSING SUGGESTIONS.**—With the expansion of the lungs he must say to himself, "I am taking in healing and strength with every breath"; every time he exhales a breath let it be with the words deeply thought, "I am getting rid of weakness, of disease and of pain." Get these formulas by heart, use them by day and use them by night; never forget them. Whenever he goes out from the house into the open air, he must take ten such breaths; complete inhalations and exhalations; breathing only through the nose. This will set the blood tingling and the heart beating powerfully and well, quickening the circulation and carrying life and health throughout the body. This will also prevent the taking of colds.

**INCREASING CHEST EXPANSION.**—You will be surprised how greatly the chest expansion will increase under this process of breathing exercise; in the case of dyspepsia too and all

stomach troubles the abdominal breathing is as beneficial as massage and is sufficient in itself to cure many obstinate cases. Oxygen also is a great solvent. It is good for rheumatism. It burns and destroys the deposits in the system due to imperfect elimination of waste matter from the blood. Pay particular attention to the benefits to be derived from the deep breathing.

**SOLVENT PROPERTIES OF FLUIDS.**—Now as to water-drinking. This is scarcely less important than the breathing. Every human being should take at least five pints of fluid of one kind or another during the day or as near that amount as he can. Neuralgia, headaches, pains of various kinds and degrees, can almost invariably be traced to an insufficient supply of moisture for the body's operations. When the nerves are deprived of sufficient nourishment they cry aloud, and their cry we call pain. When the blood is not sufficiently recuperated by the drinking of enough fluids for the body's welfare it draws upon the supply of fluid which the nerves themselves require; the result is that the nerves are starving for lack of moisture, and while the patient may appear to the eye to be only slightly anemic, the trouble is increasing with the passing of the years and soon assumes very serious proportions.

**HOW TO DRINK WATER.**—Water should be drunk without ice, in small quantities, a sip at a time, a teaspoonful or a tablespoonful at once, with short intervals between, and while any form of fluid such as weak tea, coffee, cocoa, chocolate, etc., with the exception of alcoholic stimulants, is good, cool water is best. The effect of this continual water drinking is to clear the complexion, to give weight to the body, to give purity to the blood, and strength to the individual. Almost immediately a great change will be noticed. The laxative effects will at first be very marked, but afterwards this becomes a matter of no inconvenience. The improved sleep, the stronger respiration, the better heart's action, the buoyancy of returning health are all to be largely attributed to this great cleansing agent, Cool Water.

**A CAUTION.**—Guard against drinking more than half a tumblerful at a time. Let there be a few moments rest between each teaspoonful or wineglassful, and the results will be unfailingly beneficial. There is no hour of the day when these instructions with regard to the drinking of water may not be followed. There is no hour of the day or night when this water-drinking,

conducted according to the plans here laid down, will be other than a benefit to your patient.

**A NEW SYSTEM OF EXERCISE.**—Having now attended to the refreshments, so to speak, of the body, let us complete the directions by taking up the necessary consideration of the Third Arm of the Tripod upon which the health of the body rests. This is summed up in what is known as Exercise. An invalid's idea of exercise is usually fraught with severe fatigue and some pain. The ideal form of Exercise which I recommend to you, and which carries with it no sense of fatigue whatever, is one which a few men have had the sense to copy from the animal kingdom.

**STRETCHING.**—If you have ever watched a cat stretching its limbs, and sharpening its claws, you will understand exactly what I mean by Pleasurable Exercise. I do not require you to go for long walks or to fatigue yourself by lifting heavy weights. You are only required to relax and contract the muscles of the whole body, beginning with the hands and ending with the feet. The special beauty of this form of exercise is that it can be performed just as well when you are lying down in bed as if you were standing up. It is as easy for an invalid to take this form of exercise as for a well person.

**FIRST EXERCISE ON WAKING.**—The first exercise in the morning for you when you are practicing your long deep breathing is to throw your arms over your head while lying in bed, grasping the head of the bed and stretching arms and shoulders sufficiently to influence the heart's action to a marked degree during the intaking of the deep breath. You will notice the effect upon the pulse and upon the circulation at once. Then stiffen the muscles of the arms for a few moments and suddenly relax them; so with the abdomen and the legs; so with the feet. Practice this contracting and relaxing of the muscles, and practice the stretching of the body, especially from side to side during the day-time, taking a deep breath and bending over as far as you can bend on one side, then exhaling, taking another deep breath and bending over as far as you can bend on the other side. The effect will be to repair wasted tissue in the body, to bring about a quicker and healthier circulation, and to tone up the system to a better degree than would occur if you were taking outdoor exercise.

**THE SYSTEM OF MUSCULAR CONTRACTION.**—The importance of exercise of a mild and invigorating type to the in-

valid can hardly be overestimated. There is another process somewhat similar to the foregoing, and not generally known to the public which is called the System of Contraction, and which is a simple method of developing the strength of the muscles by a purely natural process. Hitherto it has always been held by



FIG. 5—STRETCHING EXERCISE.

our instructors in physical culture as essential to the development of the body that there shall be in connection with the exercise carried out a large amount of fatigue engendered by the severity of the training undergone. As a matter of fact, fatigue of any kind is directly adverse to the building up of the body. At no



time should either a sick or a well person use his strength in lifting weights or in straining the muscles in any manner by walking, running, etc., to the point at which extreme fatigue is felt by the body.

**THE PROPER METHOD.**—What is known as the System of Contraction is simply a healthy method of inducing through the muscular system a feeling of rest and relaxation following upon the contraction of the muscles of the body, and here I wish you to particularly note that this form of exercise is to be used as a preparation for the Distant Treatment for health which are to follow.

**WHEN TO USE IT.**—That is to say, this exercise should be proceeded with about ten minutes before the hour set for the Distant Treatment arrives. Five minutes should be devoted to the exercise, and five minutes to restoring the system by complete relaxation to its condition of natural receptiveness, or passivity, thus restoring the equilibrium to the nerve-centers, quickening the pulse and heart's action, etc. The exercise is to be carried out as follows:

Imagine that you are about to raise from the floor a considerable weight. You would naturally in order to perform such a feat strain your muscles to a high tension. Act exactly as if the weight were in front of you, stoop down to the floor, straining all the muscles of the body as if in the act of lifting the weight, raise yourself gradually to your full height and slowly with muscles still contracted bring your hands together over your head, stretching them as high as possible, and raising yourself slowly to the tips of your toes. Then with the muscles still contracted lower yourself from the position of standing on tiptoe until your feet rest flat again upon the ground. This is the first exercise, and immediately your feet are firmly planted on the ground relax every muscle, resting while you count five.

**HOW OFTEN TO DO THIS.**—As a preliminary exercise it will be sufficient for the invalid to do this three times only at one sitting, watching the effect upon the body. If there follows a sense of pleasant languor and lassitude, the exercise is doing the work it should do. It is not intended to really tire the patient, and if not carried to excess it will not have the effect of inducing fatigue, but will on the other hand result in bringing about that change in metabolism, and the reconstruction of cell life, which is necessary to health. As the patient grows stronger there are infinite varieties of this exercise which will commend them-



selves to him, remembering that the general law to be followed is never actually to raise any weight; never to use clubs or dumb bells or to impose upon the muscles anything in the nature of a strain. A surprising development in the physical strength will come about merely through this system of contraction and relaxation of the muscles of the body. It is a form of exercise which in a modified way can be practiced by the invalid during his return to health at all times of the day whenever he feels the need of slight stimulus to the circulation.

**CORRESPONDING WITH PATIENTS.**—Here follows the form of letter which you should send out to your patients. You need not cover all these points; merely insist that your patients shall think strongly of you during their treatment and shall co-operate with you in your desire to help them.

Absent Treatment, Case No———— Date————

Dear————:

Your application for Absent Treatment from me has been received and your case will be arranged for as follows: You will receive one Treatment each day of one hour, or two Treatments of half an hour each, whichever will be most acceptable to you. If you will kindly fix the time which best suits you when you can have one hour devoted to quiet contemplation without danger of being disturbed or interrupted I will arrange my time, having respect to the distance which separates us, so that at the hour you choose I shall send you strong currents of healthful thought. I desire you during the treatment to keep yourself as far as possible in a quiet, attentive attitude of mind, to sit in a comfortable chair or remain in bed with the eyes closed, breathing slowly and deeply, waiting merely for the effects which are to follow. Devote a few minutes before the beginning of each treatment to pleasant thoughts in a comfortable attitude of body and mind, thus preparing the way for the health-thought which is to come. This strong, but quiet, potential energy which is to be directed for your strengthening and healing is in part resident in yourself. I shall use the force that is within you, and direct it and develop it. You have powers within that you do not dream of. These powers shall be brought into action with your co-operation earnestly given, and the result will surprise you. There is no reason why you should not mention to others that you are taking absent treatment, but I beseech you to take for your confidantes only such persons as will be in

sympathy with the idea, otherwise you are liable to arouse discordance and criticism, which will interfere with the quiet soothing flow of the vital health thought. From this time on



FIG. 6.—GIVING AN ABSENT TREATMENT.

allow nothing but hopeful, pleasant thought and speech to engage your attention. If for any reason you feel depressed or miserable simply think of me and you will soon make yourself a positive

force instead of a negative. Begin to assert yourself, and to realize your own powers for good, instead of being as you have been merely an object of attack for disease and weakness. If disease has heretofore marked you out as a good victim make a bargain with yourself now that you will from this time on present a determined front to its attack, realizing that the power to resist its encroachment is within you, and that as you use this power you will find it grow and develop to your need. Do not be afraid to use the force which is your own. You must receive now the assurance of my personal regard, and believe in my earnest desire to help you. Write and tell me at what time it will be best for you to receive Treatment, and I will then communicate with you by post card, telling you just on what day your Treatment will begin. If there is anything in the case which you have not yet told me about, do so now that I may fully understand it. At the end of your month's Treatment I request you to report to me concerning the progress you have made.

WRITE PERSONAL LETTERS ALWAYS.—This is the best form of letter which a Healer can send out to his patients. It is certainly much better that the Healer should write these letters personally than that he should have them printed, but I understand quite well that in the case of a large practice it is very difficult to personally write the many letters required. Nevertheless it should be done.

HOW TO GIVE THESE TREATMENTS.—I want to point out to you who are perhaps sick in body and who have taken up this line of work in the hope that in helping others you may help yourselves, that the projection of thought is merely an actual holding in the mind of a thought or idea of health. The manner in which you are personally to give this Treatment is as follows: *You are to sit in a comfortable chair in a room as much secured from noise and interruption as possible, close the eyes, and hold in your hand the letter of the patient whom you wish to benefit, or hold in your mind the name of the person and his request. Repeat quietly to yourself the name and address of the patient. Go over rapidly in your mind the symptoms of which he complains, and then repeat to yourself this formula or something like it; "This patient complains of sickness...I project to him my healing thought, and call upon the power resident in him to meet me in this work of restoring harmony to his system. I cast out disease, which is lack of ease, and bespeak for him health re-*

*newed and returning happiness. Let this request be granted. I call upon the Great Power of Good Thought, which is Harmony, which is Universal Health, to aid me to reach this patient, and help him. This is my earnest demand." Repeat again to yourself the name of this patient, and couple with it the talismanic words "Health," "Happiness" "Harmony," "Peace." The Thought so projected does, according to my belief, fully reach the patient and is absorbed by his mind. There it expands and works within him, much as yeast ferments in flour and water. It is not necessary that you should give up any length of time to the consideration of each patient unless you particularly wish so to do. The hour's Treatment is for the patient, not for the Healer, this time is allowed the patient in order that the Thought may have time to fix itself fully upon his attention, and, so to speak, work thoroughly into his system. Five minutes and sometimes less is sufficient time for your part of the work.*

THE REACTION FOR GOOD UPON THE HEALER.—You will find it of especial value to hold in your mind the last thing at night the Health Thought for the benefit of some patient, whose case particularly appeals to you as claiming your sympathy and compassion. If you are in pain, such as treatment given to a friend will lighten your pain; if you are sleepless, such a treatment will be the speediest means of tranquilizing your own thought, restoring the nerve equilibrium, and introducing harmony into your own system; if you awake during the night, you may bear in mind that you can instantly reproduce sleep for yourself by calling up the affliction of some friend to your memory and giving that friend a Health Treatment.

A FINAL WORD OF ADVICE.—In every case I strongly advise you to inform your patients of what you are about to do. I do not for a moment say that you could not benefit them without their knowledge; I think you could; I think it is being done every day; I think that the Health Thought which is in its essence entirely good can give benefit without the knowledge or expectation of the patient, but I nevertheless think it better at all times to secure the cordial co-operation of my patients in this Treatment. You have now received full instructions what to do, and full instructions how to do it. It only remains for you now to apply this teaching.

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## Joy Philosophy—BY ELIZABETH TOWNE.

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